











MAXIMUM
OCCUPANCY
100

10RS



















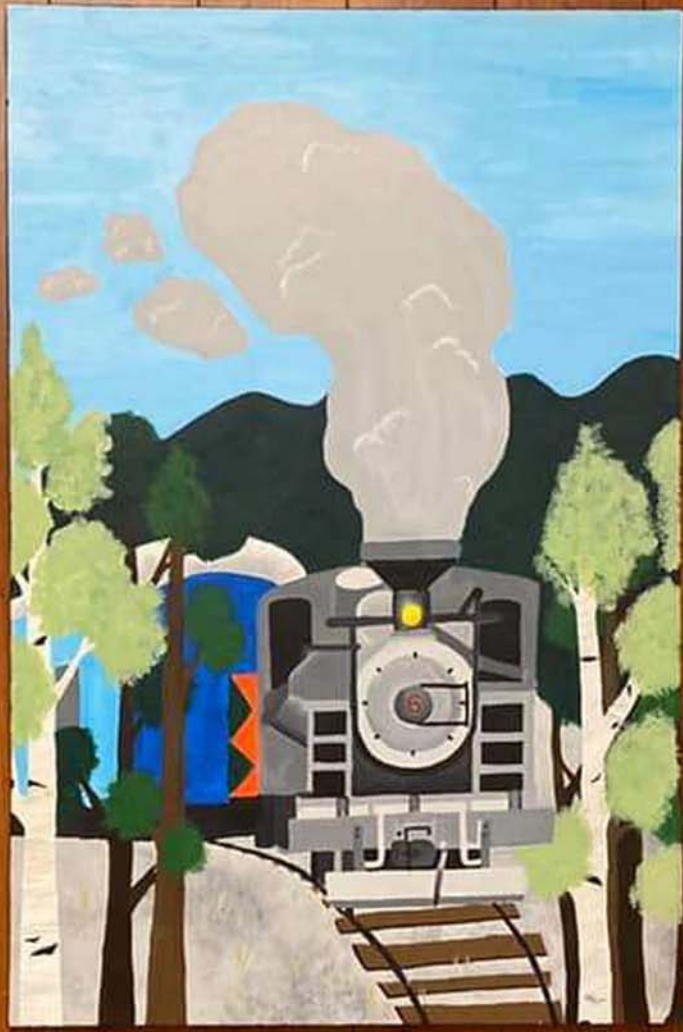












Cass Train
by
Kylan Brown



Devil Mountain
Tower
by
Ryleigh Vaughan

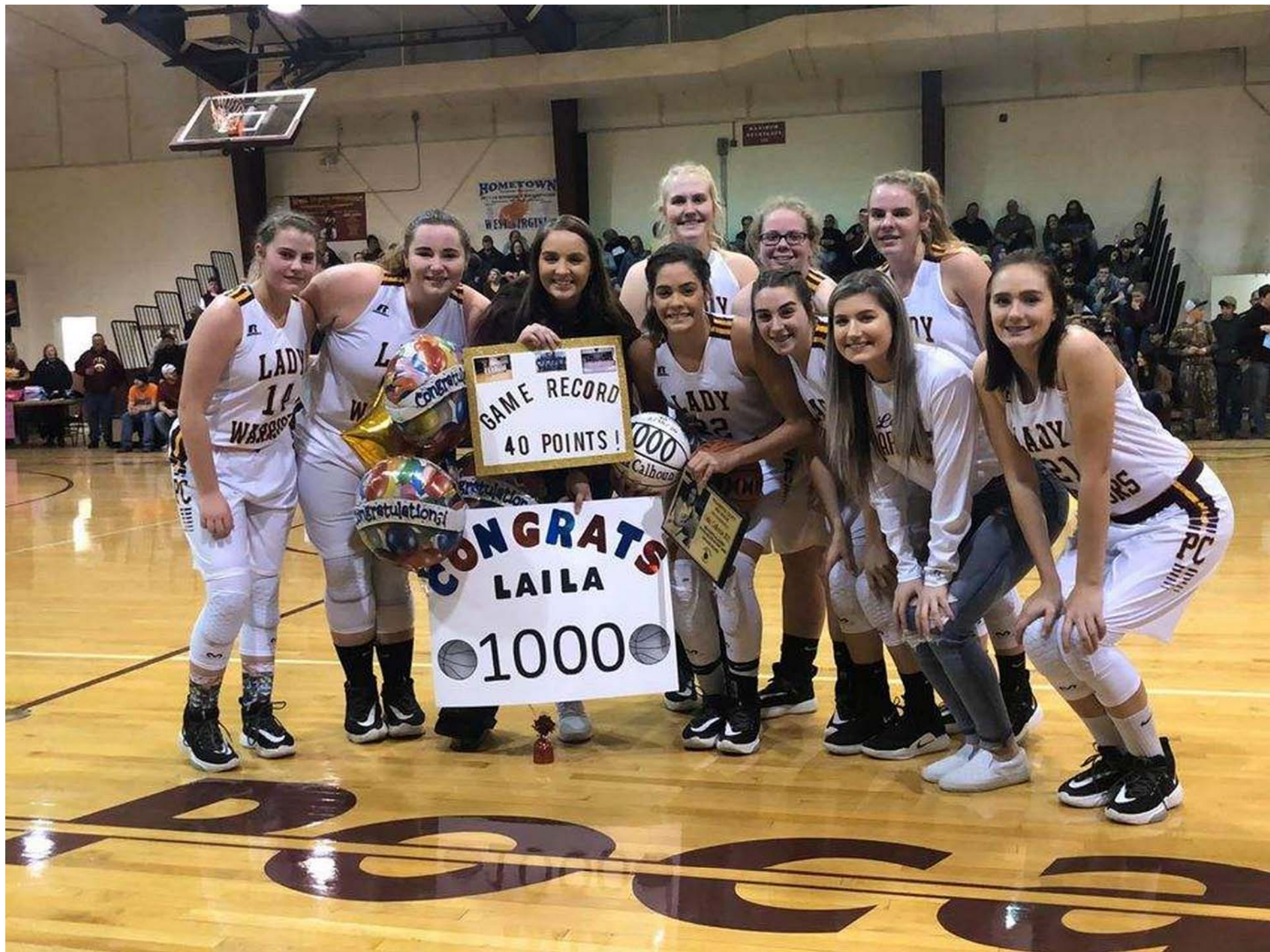
Watkins Lake at
Sunset
by
Niall McLeod

GBC Telescope
by
Oliver McCarty











FRESHMEN

















WARRIOR TERRITORY



POCAHONTAS COUNTY TRACK RECORDS

LADY

NAME	TIME	EVENT
Michelle Williams	14:57	LONG JUMP
L. G. Williams	4:10	WIDE JUMP
Michelle Williams	22:9	SHOT PUT
Michael Carroll	100:17	DISCUS
Christie Woodruff	13.06	100 M
Christie Woodruff	26.9	200 M
Christie Woodruff	53.00	400 M
Christie Woodruff	2:01.00	800 M
Christie Woodruff	8:23.30	1600 M
Christie Woodruff	12:16.24	3200 M
Laura Colquhoun	18:11	100 M W/RELS
Laura Colquhoun	47.59	200 M W/RELS
Steph. Heston/Carol Ann	51	4 X 100 M
Steph. Heston/Carol Ann	1:20.2	4 X 200 M
Steph. Heston/Carol Ann	4:0	4 X 400 M
Steph. Heston/Carol Ann	11:10	4 X 800 M

POCAHONTAS WARRIORS

THANK YOU FOR YOUR SERVICE







WARRIOR TERRITORY



GO WARRIORS

HOME 8:00 VISITOR

WARRIORS 0

WARRIORS 0

WARRIORS 0

POCAHONTAS COUNTY TRACK RECORDS
LADY WARRIORS

NAME	EVENT
Michelle Morrison	148.2' LONG JUMP
T. Stansbury's Stansbury	4'10" HIGH JUMP
Michelle Morrison	27'9" SHOTPUT
Stephanie Carroll	132'1" DISCUS
Christina Woodruff	15.08 100 M
Ashleyne McLaughlin	26.9 200 M
Ashleyne McLaughlin	55.93 400 M
Trishia Currie	2:01.83 800 M
Trishia Currie	5:22.34 1600 M
Trishia Currie	12:19.34 3200 M
Laura Cochran	18.12 100 M HURDLES
Laura Cochran	41.58 200 M HURDLES
Stephany Smith	1:04 4 X 100 M
Stephany Smith, Sarah Smith	1:12.9 4 X 200 M
Stephany Smith, Sarah Smith	1:12.9 4 X 300 M
Stephany Smith, Sarah Smith	1:12.9 4 X 400 M
Stephany Smith, Sarah Smith	1:12.9 4 X 500 M
Stephany Smith, Sarah Smith	1:12.9 4 X 600 M
Stephany Smith, Sarah Smith	1:12.9 4 X 800 M
Stephany Smith, Sarah Smith	1:12.9 4 X 1000 M

POCAHONTAS COUNTY TRACK RECORDS
WARRIORS

NAME	EVENT
Albert Prosser	22'6" LONG JUMP
Art Purdy	6'8" HIGH JUMP
Dave Cain	49'8" SHOTPUT
Ryan Irwin	132'6" DISCUS
Johnny Barton	14'9" POLE VAULT
David Palmer	11.23 sec 100 M
Randy Prial	22.6 200 M
Randy Prial	49.8 400 M
Randy Prial	1:58.2 800 M
Randy Prial	4:31.18 1600 M
Alan Rittenhouse	0:45.44 500 M
Nathan Rittenhouse	15.6 100 M HURDLES
Brian Irwin	25.1 200 M HURDLES
Clayton McNeal	41.41 4 X 100 M
Robert Nelson, Brian Irwin	1:21.2 4 X 200 M
Robert Nelson, Brian Irwin	1:21.2 4 X 300 M
Robert Nelson, Brian Irwin	1:21.2 4 X 400 M
Robert Nelson, Brian Irwin	1:21.2 4 X 500 M
Robert Nelson, Brian Irwin	1:21.2 4 X 600 M
Robert Nelson, Brian Irwin	1:21.2 4 X 800 M
Robert Nelson, Brian Irwin	1:21.2 4 X 1000 M

POCAHONTAS WARRIORS

HOOPS

HEROES

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SE



WARRIOR TERRITORY

GO WARRIORS

HOME	AWAY	SCORE	TIME
0	0	0:00	

POCAHONTAS COUNTY TRACK RECORDS
LARRY WARRIORS

NAME	TIME	EVENT
Wendell Woodruff	1:19.7	1200 M
G. Strickland, Samson	1:17	800 M
Markus Bittner	37.9	500 YD
Wesley Carroll	1:07.7	800 M
Clayton Woodruff	13.26	100 M
William Hollingsworth	25.9	200 M
William Hollingsworth	44.02	400 M
Frank Collins	2:21.85	800 M
Frank Collins	5:22.34	1600 M
Erica Woodruff	12:16.34	3200 M
Larry Callahan	16.12	100 YD
Larry Callahan	47.33	200 YD
William Hollingsworth	1:01	4 X 100 M
Larry Callahan	1:10.28	4 X 200 M
Larry Callahan	1:19	4 X 400 M
Larry Callahan	1:23.5	4 X 800 M

POCAHONTAS COUNTY TRACK RECORDS
WARRIORS

NAME	TIME	EVENT
Albert Ponderator	22.8"	50 YD
Jeff Farley	49.8"	100 YD
Dave Cain	1:27.4"	200 YD
Myron Irvine	14.8"	50 YD
Johnny Barton	11:22.89	1 MILE
David Palmer	22.8	100 YD
Randy Friel	48.8	200 YD
Randy Friel	1:58.3	400 YD
Randy Friel	4:21.18	800 YD
Alvin Hollingsworth	9:42.44	1.6 MILE
William Hollingsworth	15.8	100 YD
Dalton Irvine	28.1	200 YD
Charley McNeal	44.8	400 YD
William Hollingsworth	1:21.1	800 YD
William Hollingsworth	2:21.6	1.6 MILE
William Hollingsworth	5:22.0	3.2 MILE

POCAHONTAS WARRIORS
THANK YOU FOR YOUR SERVICE







GO WARRIORS

HOME	8:00	VISITOR
BONUS	PERIOD	BONUS
FOWLS	PLAYER FOWLS	FOWLS
WON	MATCH	WON

DONATED BY
The Ryders
RESTAURANT
100 W. 10th St. - BOYD, WY.

ARTS SECTORS
WIDE AREA
WIDE AREA SERVICE

POCAHONTAS COUNTY TRACK RECORDS
LADY WARRIORS

EVENT	NAME	TIME
100 Yards	1974-75	1:34.00 JAMES
200 Yards	1974-75	3:04.00 JAMES
400 Yards	1974-75	6:47.00 JAMES
800 Yards	1974-75	13:52.00 JAMES
1 Mile	1974-75	5:00.00 JAMES
2 Miles	1974-75	10:00.00 JAMES
3 Miles	1974-75	15:00.00 JAMES
4 Miles	1974-75	20:00.00 JAMES
5 Miles	1974-75	25:00.00 JAMES
6 Miles	1974-75	30:00.00 JAMES
7 Miles	1974-75	35:00.00 JAMES
8 Miles	1974-75	40:00.00 JAMES
9 Miles	1974-75	45:00.00 JAMES
10 Miles	1974-75	50:00.00 JAMES

POCAHONTAS COUNTY TRACK RECORDS
WARRIORS

EVENT	NAME	TIME
100 Yards	1974-75	1:34.00 JAMES
200 Yards	1974-75	3:04.00 JAMES
400 Yards	1974-75	6:47.00 JAMES
800 Yards	1974-75	13:52.00 JAMES
1 Mile	1974-75	5:00.00 JAMES
2 Miles	1974-75	10:00.00 JAMES
3 Miles	1974-75	15:00.00 JAMES
4 Miles	1974-75	20:00.00 JAMES
5 Miles	1974-75	25:00.00 JAMES
6 Miles	1974-75	30:00.00 JAMES
7 Miles	1974-75	35:00.00 JAMES
8 Miles	1974-75	40:00.00 JAMES
9 Miles	1974-75	45:00.00 JAMES
10 Miles	1974-75	50:00.00 JAMES







GO WARRIORS			
HOME	26	7	VISITOR
BONUS		PERIOD 1	BONUS
FOULS		PLAYER FOULS	FOULS
WIN		MATCH	WIN
RESTAURANT: DONATED BY AUTO SCHOOL			
EWEY KINGS WICKER SERVICE			

WARRIOR OR TERRITORY

POCAHONTAS COUNTY TRACK RECORDS			
LADY			
100 METERS			
Michelle Henderson	1:44.7	2006	2006
Christina Williams	1:47.0	2004	2004
Christina Williams	1:51.0	2005	2005
Christina Williams	1:52.0	2005	2005
Christina Williams	1:52.0	2005	2005
Christina Williams	1:52.0	2005	2005
Christina Williams	1:52.0	2005	2005
Christina Williams	1:52.0	2005	2005
Christina Williams	1:52.0	2005	2005
Christina Williams	1:52.0	2005	2005

POCAHONTAS COUNTY TRACK RECORDS			
MEN			
100 METERS			
Robert Peterson	1:27.0	2006	2006
Robert Peterson	1:27.0	2006	2006
Robert Peterson	1:27.0	2006	2006
Robert Peterson	1:27.0	2006	2006
Robert Peterson	1:27.0	2006	2006
Robert Peterson	1:27.0	2006	2006
Robert Peterson	1:27.0	2006	2006
Robert Peterson	1:27.0	2006	2006
Robert Peterson	1:27.0	2006	2006
Robert Peterson	1:27.0	2006	2006

THANK YOU FOR YOUR SERVICE

Pocahontas

Pocahontas Warriors Boys Basketball

Honor Our Hometown Heroes

Wednesday, February 12th at PCHS

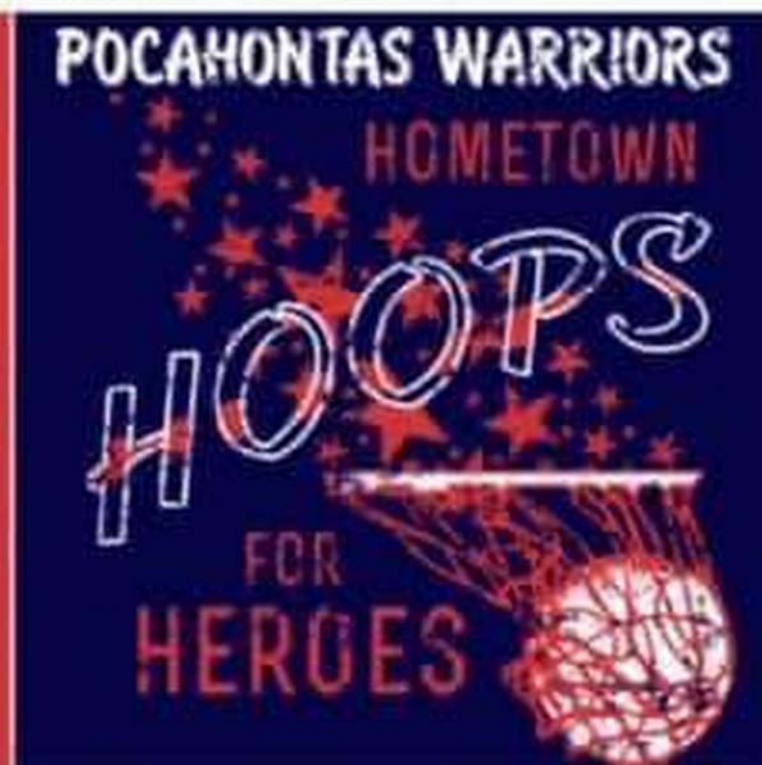
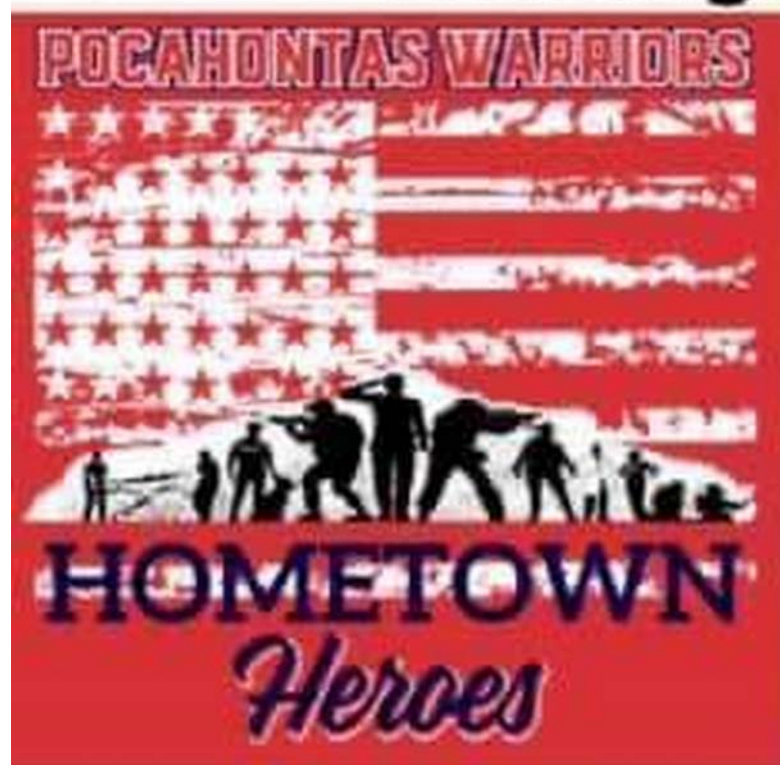
JV-5:45 Varsity-7:00

Military - Veterans - EMT - Paramedics

Fire & Rescue - Law Enforcement

Warriors will be sponsoring basket raffles and shirt sales to benefit our Hometown Heroes

Heroes get in FREE



POCAHONTAS WARRIORS



HOMETOWN

Heroes

POCAHONTAS WARRIORS



HOMETOWN
Heroes







**THANK
YOU**

★ MADE IN THE U.S.A. ★

BARBER SHOP
CUT GENTLY

A Gift for You

TIC TAC SNOW

BURGER KING
GIVE THE GIFT OF FLAME-GRILLING
\$15-\$100
CHOOSE ANY AMOUNT
CARDS HAVE NO VALUE UNTIL
ACTIVATED BY READER

\$25
GIFT CARD
chili's

Handwritten note on Tic Tac Snow card:
\$12.20
Tarrick H...
Curt



Up to 55 miles Channels 2 & 4 (HD) (Free)
Up to 55 miles Channels 7-13 (HD) (Free)
Up to 55 miles Channels 14-48 (SD)
To boost your signal even further, call us
1-877-ready-to-help

GHIRARDELLI
CHOCOLATE
MILK CHOCOLATE
DUET
LUCKY
WIN UP TO \$100!

A Gift for You
FRABBY SHOP

THE GIFT OF GREAT TASTE
\$25

chilis
\$25

love

Anyone can fall victim to head trauma. It is not just for those that play sports, older adults may actually have a higher risk of serious complications from a concussion.

Do you know the symptoms?



The Seneca Woodlands Woman's Club invites you to

*the Green Bank Library, Monday, February 10, 2020, at 6:00 pm to
learn about concussions and their symptoms.*

Janet Ghigo presents facts about what concussions are and what to do next if you suspect you or a loved one may have head trauma. Janet has over twenty years of experience with the BFD Fire and Rescue ambulance services and twenty years with the West Virginia Public Service Training as an EMT instructor.

For more information about the Seneca Woodlands Women's Club and this program, please contact Madge Vosteen at mhvosteen@gmail.com or call 304.456.5459.

2020 West Virginia University Forensic Science Summer Camp



What: The Next Generation Forensic Science Initiative in collaboration with the Department of Forensic and Investigative Science at West Virginia University will be hosting its annual forensic science summer camp for high school students (9th–12th grade).

The goal of this program is to bring the crime lab to the classroom. Through hands-on, experiential learning, participants will acquire the practical knowledge and skills that forensic scientists utilize in their day-to-day casework. At the conclusion of the week, participants will apply what they have learned to mock crime scenes at the Crime Scene Training Complex.

Sessions will include the following topics and activities:

- Criminal Justice
- Latent Fingerprints
- Firearm Evidence Examination
- Footwear Impression Evidence
- Forensic Biology
- Forensic Chemistry
- Bloodstain Pattern Analysis
- Crime Scene Investigation
- Forensic Photography
- Mock Crime Scenes

When: The camp will be held June 15 - 19, 2020

Where: The first 3 days of camp will be held at Oglebay Hall on the downtown campus. The last 2 days of camp will be held at the Crime Scene Training Complex on the Evansdale Campus, Morgantown, WV

Time: Camp will begin each day at 9:00 AM and conclude at 4:00 PM each day.

Cost:

Option 1: Day Camp—\$399.00 per person. Includes lunch each day, a T-shirt and a certificate of attendance.

Option 2: Overnight Camp—\$949.00 per person. Includes transportation to and from the airport, 6 nights supervised lodging, evening activities, meals (breakfast, lunch and dinner), a T-shirt and certificate of attendance. Check-in will be held on June 14th. **This does not include airfare or any other transportation costs other than what has been described.**

Registration: Registration will be on a first come, first serve basis. The camp will be limited to 50 students.

To register, go to <https://nexgenforensics.wvu.edu/courses/science-camp>. You will be directed to our payment system after completing the initial registration.

POCAHONTAS COUNTY SCHOOLS
February Breakfast and Lunch Menu 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p align="right"><u>3</u></p> <p>Scrambled eggs w/Wheat toast Yogurt Fruit</p> <p>Chicken Patty w/Wheat Bun Lettuce/Tomato/Onion Candied Sweet Potatoes Corn Apples w/Soy Nut Butter</p>	<p align="right"><u>4</u></p> <p>Breakfast Pizza Yogurt Fruit</p> <p>Sausage Biscuit w/Gravy Hash Brown Peas Homemade Cookie Peaches</p>	<p align="right"><u>5</u></p> <p>Omelet Wrap w/Colby Cheese Cereal Fruit</p> <p>Pigs in a Blanket Green Beans French Fries Coleslaw Fruit</p>	<p align="right"><u>6</u></p> <p>Whole Grain Toasted Bagel Yogurt Fruit</p> <p>Chicken Pot Pie Broccoli Carrot Stix Fruit</p>	<p align="right"><u>7</u></p> <p>Pancakes Yogurt Fruit</p> <p>Beef Nachos w/Tortilla Rounds Sour Cream/Salsa Romaine Salad Refried Beans Fruit</p>
<p align="right"><u>10</u></p> <p>Breakfast Burrito Cereal Fruit</p> <p>Cheeseburger Lettuce/Tomato/Onion Sweet Potato Fries Baked Beans Corn Fruit</p>	<p align="right"><u>11</u></p> <p>Homemade Cinnamon Roll Yogurt Fruit</p> <p>Orange Chicken Brown Rice Pilaf Stir Fry Vegetables Homemade Roll Fruit</p>	<p align="right"><u>12</u></p> <p>Blueberry Muffin Cereal Fruit</p> <p>Tomato Soup Grill Cheese Sandwich Steamed Broccoli Peaches Apple Crisp</p>	<p align="right"><u>13</u></p> <p>Sausage Biscuit Cereal Fruit</p> <p>Lasagna Romaine Salad w/Tomatoes Green Beans Garlic Bread Fresh Cut Fruit</p>	<p align="right"><u>14</u></p> <p>Strudel Yogurt Fruit</p> <p>Philly Steak Hogie Sliced Carrots w/Ranch French Fries Fresh Cut Fruit</p>
<p align="right"><u>17</u></p> <p>Egg & Cheese Omelet Wrap Cereal Fruit</p> <p>Meatball Sub Sweet Potato Fingerlinks Mixed Vegetables Ice Cream Fruit</p>	<p align="right"><u>18</u></p> <p>Zucchini Bread Cereal Fruit</p> <p>Breaded Pork Patty w/Wheat Bun Lettuce/Tomato Great Northern Beans California Medley Fruit</p>	<p align="right"><u>19</u></p> <p>Professional Learning Day No School for Students</p>	<p align="right"><u>20</u></p> <p>Pretzel w/Cheese Cereal Fruit</p> <p>Chicken Tenders w/Creaser Romaine Salad w/Tomatoes/Croutons Corn Mixed Fruit Homemade Roll</p>	<p align="right"><u>21</u></p> <p>French Toast Sticks Yogurt Fruit</p> <p>Pizza Broccoli Salad Oven French Fries Carrot Stix w/Ranch Fruit</p>
<p align="right"><u>24</u></p> <p>Smoothie/Yogurt Parfait Cereal Fruit</p> <p>Popcorn Chicken Mashed Potatoes Green Beans Homemade Roll Fruit</p>	<p align="right"><u>25</u></p> <p>Sausage Biscuit Yogurt Fruit</p> <p>Fish Sticks Scallop Potatoes Carrot Stix Roll Juice Sidekick</p>	<p align="right"><u>26</u></p> <p>Cereal Bar Yogurt Fruit</p> <p>Beef Macaroni & Cheese Steamed Broccoli Celery & Soy Nut Butter Homemade Roll Fruit</p>	<p align="right"><u>27</u></p> <p>Sausage Pancake on Stick Yogurt Fruit</p> <p>Chicken Nuggets Peas Corn Applesauce Homemade Roll</p>	<p align="right"><u>28</u></p> <p>Homemade Cinnamon Roll Cereal Fruit</p> <p>Turkey & Cheese Hoagie 5 Way Vegetables Baked Beans Fruit</p>



IMPORTANT DATES

1 November 2019
Application Open*

28 February 2020
Application Due*


22 June 2020
Start of NYSCamp

15 July 2020
End of NYSCamp

CONTACT

 NYSF
PO Box 3387
Charleston, WV 25333

 office@nysf.com

 +1 304 205 9724

 @NYSCenter

 @WVNYSCamp

 www.nyscamp.org

*FL, CA, and MA do not use online application. See apply.nyscamp.org for application process in these states.

OVERVIEW

Established 1963 in West Virginia, the National Youth Science Camp (NYSCamp) is a free residential honors program for two accomplished high school graduates from each state in the USA, plus Washington, DC, Argentina, Bolivia, Brazil, Chile, Costa Rica, Ecuador, Mexico, and Trinidad and Tobago. NYSCamp's curriculum includes a broad range of science, technology, engineering, and mathematics (STEM) topics that incorporates both creative and performing arts as well as an outdoor adventure series with opportunities for mountain biking, spelunking, kayaking, and overnight backpacking. The delegation also travels to Washington, DC where they can meet congressional members, tour museums, and attend a panel discussion held at the American Association for the Advancement of Science. More information can be found at nyscamp.org.

HIGHLIGHTS

- Daily lectures and seminars with leading scientists
- Directed studies alongside visiting and resident STEM professionals
- Dedicated natural sciences, physical science, computer science, creative arts, performing arts, and outdoor recreation program areas
- Delegates attend **free of charge** - housing, meals, and transportation included!

ELIGIBILITY

- Graduates from high school between 1 July 2019 and 30 June 2020
- Documented superior academic proficiency
- Recognition for notable achievements in STEM program areas
- Skills and achievements outside of STEM and/or academics
- Intent to pursue higher education and a career in STEM
- Availability to participate in entire NYSCamp program
- Submit an application at apply.nyscamp.org on/before deadline
- International applicants please see apply.nyscamp.org for more requirements

MORE INFORMATION AT APPLY.NYSCAMP.ORG

SIMULATED ~~WORK~~ PLACE

PCHS
TRIBE OF ONE

WARRIOR PRIDE





OUR

LITTLE

LOVE

BUGS







ERDIN

#STOPLIQUIDLIES

RAZE RAZE RAZE
RAZE RAZE RAZE
RAZE

RELAX,
I USE
NICOTINE-FREE
E-JUICE.



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TRUE

#STOPLIQUIDLIES

RARE RARE RARE RARE
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RELAX,
I USE
NICOTINE-FREE
E-JUICE.

CHILL,
IT'S JUST
WATER
VAPOR
AND









POCAHONTAS WARRIORS



HOMETOWN

Heroes





































BONUS
 LS FOULS
 WON
 BY AUTO SALVAGE
 NEW & USED PARTS
 WRECKER SERVICE
 RYER, WV.

POCAHONTAS COU TRACK RECORD LADY

Name	Time	Year
Michelle Withers	14.9.07	LONG
C. Blumery L. Jones	47.87	800A
Michelle Withers	37.97	800B
Shelagh Carroll	1:00.17	800C
Cheryl Woodruff	13.08	100
Ashlee Hollingham	28.9	200
Ashlee Hollingham	59.88	400
Tasha Combs	2:21.85	800
Tasha Combs	6:23.38	1600
Cara Heston	13:16.34	3200
Lacie Carlson	16.13	50 800A
Lacie Carlson	47.28	500 80 800
Steph Jones, Crystal Bell	52	4 X 100
Katie L. Jones, Crystal Bell	1:01.28	4 X 200
Ashlee, Stephanie Bell, Kayli	4:19	4 X 400
Crystal Bell, Kayli, Stephanie	7:52	4 X 800
Crystal Bell, Kayli, Stephanie	16:22	4 X 1600

LADY WARRIORS
BASKETBALL



Drinking Water Retested

No Nitrites were detected

Lab Results

Entry point (compliance): nitrate = 0.65 ppm, nitrite = not detected

Two special purpose

Well 1: nitrate = 0.55 pm, nitrite = not detected

Well 2: nitrate = 0.57 ppm, nitrite = not detected

Nitrate legal limit is 10 ppm and nitrite is 1 ppm.

IMPORTANT INFORMATION ABOUT YOUR DRINKING WATER
MONITORING REQUIREMENTS NOT MET FOR
POCAHONTAS COUNTY HIGH SCHOOL, WV9938035
Has Levels of NITRITE Above Drinking Water Standards

DO NOT GIVE THE WATER TO INFANTS UNDER 6 MONTHS OLD OR USE IT TO MAKE INFANT FORMULA

DRINKING WATER WARNING

Infants below the age of six months who drink water containing Nitrite in excess of the MCL could become seriously ill and, if untreated, may die. Symptoms include shortness of breath and blue baby syndrome.

What should I do?

- **DO NOT GIVE THE WATER TO INFANTS.** *Infants below the age of six months who drink water containing nitrite in excess of the MCL could become seriously ill and, if untreated, may die. Symptoms include shortness of breath and blue baby syndrome.* Blue baby syndrome is indicated by blueness of the skin. Symptoms in infants can develop rapidly, with health deteriorating over a period of days. If symptoms occur, seek medical attention immediately.
- Water, juice, and formula for children under six months of age should not be prepared with tap water. Bottled water or other water low in nitrites should be used for infants until further notice.
- **DO NOT BOIL THE WATER.** Boiling, freezing, filtering, or letting water stand does not reduce the nitrite level. Excessive boiling can make the nitrites more concentrated, because nitrites remain behind when the water evaporates.

Adults and children older than six months can drink the tap water (nitrite is a concern for infants because they can't process nitrites in the same way adults can). However, if you are pregnant or have specific health concerns, you may wish to consult your doctor.

What happened? What is being done? (Describe corrective action)

In 2004, Nitrite was sampled with results of 0.14 mcl. In 2019, Nitrite was sampled with results of 1.9 mcl.

The legal limit is 1.0. We are unsure at this time what has caused the change. However, we are exploring if one or both wells are contaminated. We are resampling and will keep the public informed with any updates.

For more information, please contact Joseph W. Riley at 304-799-6565
(Contact name) (Phone number)
Or 271 Warrior Way Dunmore, WV 24934
(Mailing address)

Please share this information with all the other people who drink this water, especially those who may not have received this notice directly (for example, people in apartments, nursing homes, schools and businesses). You can do this by posting this notice in a public place or distributing copies by hand or mail.

This notice is being sent to you by: POCAHONTAS COUNTY HIGH SCHOOL

State Water System ID #: WV9938035

Date Distributed: 1-29-2020

SUPPORTING THE
FIGHTERS
APPRECIATING THE
SURVIVORS
REMEMBERING THE
🎗️ FALLEN
AND NEVER, EVER
GIVING UP HOPE



LADY WARRIORS
BASKETBALL



**SUPPORTING THE
FIGHTERS
APPRECIATING THE
SURVIVORS
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🎗️ FALLEN
AND NEVER, EVER
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LADY WARRIORS
BASKETBALL



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LADY WARRIORS
BASKETBALL



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🎗️ FALLEN
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2020 Pocahontas County Alumni Game



Saturday, March 28, 2020

2:00 PM



- Concessions • T-shirts • Auction
- 50/50 Raffle • Pork BBQ Dinner • Bake Sale



Admission Cost

Adults: \$4.00

Students: \$3.00


Alumni Players & Cheerleaders:
\$20.00 (includes t-shirt)

To register, go to <https://tinyurl.com/scmjk27>

Questions? Contact Chloe Bland at 304-799-6564

POCAHONTAS COUNTY SCHOOLS

January Breakfast and Lunch Menu 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>HAPPY NEW YEAR</p>		<p>New Year's Day No School</p> <p style="text-align: right;">1</p>	<p>Whole Grain Toasted Bagel w/Cream Cheese Cereal Fruit</p> <p>Hot Dog w/Whole Grain Bun Green Beans Oven Fries Coleslaw Fruit</p> <p style="text-align: right;">2</p>	<p>French Toast Stix Cereal Fruit</p> <p>Beef Nachos w/Tortilla Rounds Sour Cream/Salsa Black Beans Romaine Salad w/Tomatoes Homemade Cookie Fruit</p>
<p>Colby Cheese Omelet Cereal Fruit</p> <p>Cheeseburger Lettuce/Tomato/Onion Sweet Potato Fries Bake Beans Corn Applesauce Cups</p> <p style="text-align: right;">6</p>	<p>Homemade Cinnamon Roll Yogurt Fruit</p> <p>Orange Chicken Brown Rice Pilaf Stir-fry Vegetables Homemade Roll Fruit</p> <p style="text-align: right;">7</p>	<p>Blueberry Muffins Cereal Fruit</p> <p>Potato Soup Grilled Cheese Sandwich Steamed Broccoli Peaches Ice Cream</p> <p style="text-align: right;">8</p>	<p>Sausage & Egg Biscuit Cereal Fruit</p> <p>Lasagna Romaine Salad w/Tomatoes Green Beans Garlic Bread Fruit</p> <p style="text-align: right;">9</p>	<p>Strudal Yogurt Fruit</p> <p>Phillysteak Hoagie Sliced Carrots w/Ranch Oven French Fries Fruit</p> <p style="text-align: right;">10</p>
<p>Egg & Cheese Wrap Cereal Fruit</p> <p>Meatball Sub ½ Baked Sweet Potato Parmesan Broccoli Brownie Fruit</p> <p style="text-align: right;">13</p>	<p>Banana Bread Cereal Fruit</p> <p>Chicken Patty w/Wheat Bun Lettuce/Tomato Tatar Tots Great Northern Beans California Medley Fruit</p> <p style="text-align: right;">14</p>	<p>Pop tart Cereal Fruit</p> <p>Salisbury Steak Green Beans Mashed Potatoes w/Gravy Homemade Roll Fruit</p> <p style="text-align: right;">15</p>	<p>Sausage & Gravy Biscuit Cereal Fruit</p> <p>Chicken Tenders w/Caesar Romaine Tomatoes & Croutons Corn Mixed Fruit Roll</p> <p style="text-align: right;">16</p>	<p>Pancakes Yogurt Fruit</p> <p>Pizza Broccoli Salad Oven French Fries Carrot Stix w/Ranch Fresh Cut Fruit</p> <p style="text-align: right;">17</p>
<p>Martin Luther King Jr's Birthday No School</p> <p style="text-align: right;">20</p>	<p>Cereal Bar Yogurt Fruit</p> <p>Turkey & Cheese Hoagie 5 Way Vegetables Baked Beans Homemade Cookies Fruit</p> <p style="text-align: right;">21</p>	<p>Sausage Pancake on Stick Yogurt Fruit</p> <p>Chicken Alfredo w/A Twist Steamed Broccoli Garlic Bread Pears</p> <p style="text-align: right;">22</p>	<p>Egg & Cheese Biscuit Cereal Fruit</p> <p>Fish Sandwich Scallop Potatoes Carrot Stix Peas Fruit</p> <p style="text-align: right;">23</p>	<p>Smoothie/Yogurt Parfait Cereal Fruit</p> <p>Popcorn Chicken Mashed Potatoes Green Beans Homemade Roll Fruit</p> <p style="text-align: right;">24</p>
<p>Breakfast Burrito Cereal Fruit</p> <p>Chicken Nuggets Corn Cherry Tomatoes & Cucumbers w/Ranch Dressing Homemade Roll Fruit</p> <p style="text-align: right;">27</p>	<p>Pretzel w/Cheese Cereal Fruit</p> <p>Chili Whole Baked Potato w/Sour Cream/Cheese Parmesan Broccoli Cornbread Crackers Fruit</p> <p style="text-align: right;">28</p>	<p>Whole Grain Banana Muffin Cereal Fruit</p> <p>Chicken Chimichanga Black Bean Salsa/Sour Cream Sweet Potato Fries Mixed Vegetables Fruit</p> <p style="text-align: right;">29</p>	<p>Homemade Cinnamon Roll Cereal Fruit</p> <p>Sloppy Joe Creamy Coleslaw Green Beans Oven French Fries Juice Sidekick</p> <p style="text-align: right;">30</p>	<p>Sausage Biscuit Yogurt Fruit</p> <p>Pepperoni Roll Macaroni Salad Carrot Stix Romaine Salad Fruit</p> <p style="text-align: right;">31</p>

For breakfast milk and yogurt offered daily.
For lunch milk and fresh fruit offered daily.